

ACORNNS

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RIDGE OAK, INC. 150 MANCHESTER DRIVE, BASKING RIDGE, NJ 07920

908/221-0266

FAX: 908/221-0042

www.ridgeoak.org



Office Closed

Ridge Oak office will be closed Monday, September 4th for the Labor Day holiday. Please call 908-221-0266 for maintenance emergencies only.

Welcome New Staff

Please join us in welcoming Jim Smith and Anthony Johnson to the Maintenance team! Both men have great work skills and are excited about working at Ridge Oak.

Emma Lanese will join us right after Labor Day as the new Recreation Manager. She is happy to be with us and brings solid work experience. Some of our residents may remember Emma's music therapy programs that she did for us during COVID.

Touchtown App Tips

Depending on the technology you are using (computer, phone, tablet) you may be able to translate the Touchtown app or website into a different language. If you would like guidance on how change your settings, please email scribers@ridgeoak.org or call Shannen at 908-221-0266 to make an appointment.

Fire Safety Session

If you missed our session on August 22nd, the materials presented are on Touchtown. Click on the "Ridge Oak Info" icon to review.

Smoker?

You must be 25 feet away from any Ridge Oak building to smoke or vape. Read House Rules #1 and #2.

Marijuana smoking is NEVER allowed anywhere. Because we are a federally assisted property, the federal ban on marijuana supersedes NJ approval for medicinal and recreational use of marijuana. We take reports of smoking VERY SERIOUSLY! Non-smokers, please report anyone that is not respecting this rule.

Scam Prevention Tip

If you get a call from your grandchild (or any other family member) telling you that he/she is on a trip and needs money or gift cards, don't take the bait! Hang up, call the person that supposedly needs the money and ask them if they are OK. This is a very common "Granny Scam". Artificial Intelligence (AI) technology has made this scam even more fruitful as scammers are able to utilize people's actual voices for these phone calls.

Car Owners Get Ready

Our contractor will be on site in September to begin storm drain repairs as well as roadway and parking lot asphalt crack filling. This

WILL require you to move your car in/out of parking lots and off the street. If you have a car you CANNOT drive, get rid of it NOW!

Live Stream

We have limited TWITCH capacity right now. It is only working in the lower-level exercise room.

Use your iPad, computer, or phone to connect to us via TWITCH. Go to www.twitch.tv/ridgeoakrecreation to view select activities. Read each activity description to determine if a live stream “twitch” connection is available. You can also select the “Ridge Oak Live Events” icon in Touchtown and it will connect you to twitch for easy viewing!

Grateful for Bountiful Produce?



Have you enjoyed fresh tomatoes, blueberries or baby eggplant at a meal or via a meal delivery bag? Take a moment to send a thank you note to our generous, local gardener from a sponsor church:

John Lyga
105 Madisonville Road
Basking Ridge, NJ 07920

Shopping Bus

NEW shopping bus departure time of 10:30 am starting in September! **AFTER** Labor Day the bus will run Monday – Friday. On Mondays we will make rotating trips to stores like Trader Joes, Target, etc. Every Friday the bus will travel to the Farmers Market. There is a strict limit of two bags per person, per trip. Please label your shopping bags in **BIG** letters with your name **AND** apartment number. No cases of water or overloaded bags are allowed. You must be able to safely carry your purchases.

The shopping bus will leave at 10:30 am on scheduled days. Always check the calendar for dates, times and destination. Sign-up for the shopping bus is required.

Zufall Dental Van

Zufall dental van will be parked at the front of Felmeth Hall on Wednesday, September 6th. You must have an appointment. If you are interested in becoming a new patient, call the office or email mclark@ridgeoak.org.

From Occupancy - *Christine Patrice, Meriem & Helen*

Each year we prepare a tenant utility analysis that is submitted to HUD as part of a rent package. This determines how much utility allowance each resident (based on apartment size) will get. The utility allowance directly impacts tenant rent payments up or down.

The most recent calculation has been completed for residents in garden style apartments, Villages 1 through 11 only! These rents **ONLY** will have a very modest rent decrease (from \$1 to \$4 depending on unit size) effective November 1st. In mid-September residents will receive documents detailing your **NEW** rent and **MUST** be signed by all household members and returned to the office immediately. If your rent is directly debited from your bank account, we will automatically update the amount for November and each month thereafter.

If you have questions, please contact Christine at 908-221-0266 or via email at crandazzo@ridgeoak.org.

Care Fund

Care Fund subsidizes meals, personal care and PERSYS Medical Alert monitoring services. Many thanks to the people who have made recent donations to the Care Fund.

Mark Your Calendar For Ridge Oak Activities

Call 908-221-0266 or email the office.
Sreino@ridgeoak.org

Mondays - Wii Play & Chess

Mondays - Bereavement Group

Mondays - Chair Yoga OR Stretch & Flex

Tuesdays - Perfect Posture

Fridays - Wii Play

Fridays - Happy Hookers

Fridays - Strength & Endurance

Fridays - Bingo

Wednesday, September 6th - Drum Circle

Thursday, September 7th

Rev. Paterson - The Suffering of Job

Thursday, September 7th - Movie & Snacks

Thursday, September 7th

Stitch a Prayer Blanket - Part 2

Saturday, September 9th

High Notes Practice

Tuesday September 12th

Meet with Molly & Laura

Wednesday, September 13th - Share a Song

Thursday, September 14th

Ecumenical Service

Thursday, September 14th - Book Buggy

Friday, September 15th

Coffee with Bonnie & Emma

Saturday, September 16th

St. Mark's Rummage Shuttle

Tuesday, September 19th - Brain Aerobics

Wednesday, September 20th

Ageless Grace Fitness

Thursday, September 21st

Wellness Series - Living with Vision Loss

Friday, September 22nd - Card Making

Saturday, September 23rd

High Notes Practice

Monday, September 25th - Making Art

Wednesday, September 27th - Tai Chi Chih

Thursday, September 28th

Sight & Sound Theatre Trip

Wii Play & Chess

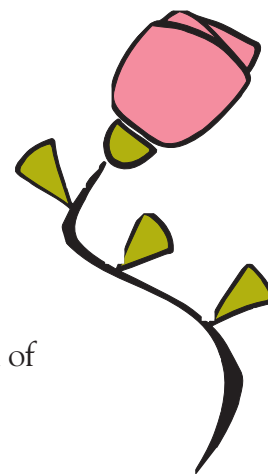
There will be no Wii Play & Chess Monday, September 4th. There will be no Wii Play Friday, September 15th.

Wii bowling is played Mondays & Fridays at 10 am and 11 am in Felmeth Hall. Only 4 people each hour. No experience required. Stop by and watch a session to see if you want to try bowling. Call the office to check availability. Sign-up is required each month.

Chess - During Wii Play on Mondays, tables are available for chess players. If you want to play chess, call the office for more information.

Bereavement Group

Have you experienced a loss in life? Are you grieving a loved one, friend, or pet? Beginning Monday, September 11th at 11 am, a six-week grief support group, run by Licensed Clinical Social Worker, Mary Lou Daley, will be offered for Ridge Oak residents. Mary Lou has years of clinical experience and knows the Ridge Oak community well, having worked at the Visiting Nurse Association of Somerset Hills.

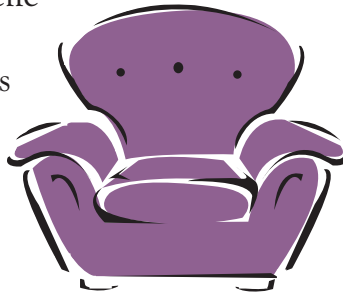


This group can help you process feelings and emotions tied to the loss, gain social and emotional support within your own community, and teach you coping skills to help through loss. The support group is a private, confidential safe space for people to heal through mutual support. Meetings are every Monday at 11 am for six weeks (no meeting on Monday, October 9th) in the lower-level Wellness Center at Felmeth Hall. Refreshments will be provided at the initial meeting. Call the “day of” if you need a ride. Sign-up is required.

Exercise & Wellness Series

Our new Exercise & Wellness offerings have been very popular. All classes are held in the lower-level Wellness Center at Felmeth Hall. Sign up early to guarantee a spot!

Chair Yoga & Stretch & Flex – these classes alternate Mondays at 1 pm in the Wellness Center. Led by Michelle Gorkin from Fellowship, the classes focus on stretching, flexibility and seated and standing yoga postures. All fitness levels welcome! Sign-up is required.

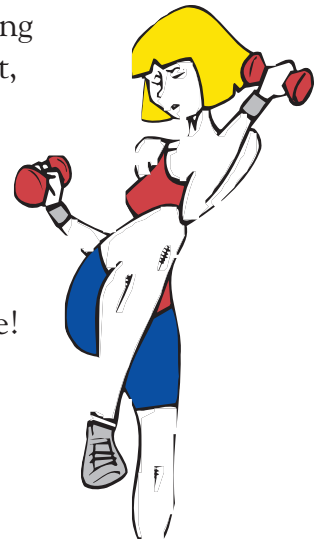


Perfect Posture – an ongoing gentle exercise class on Tuesdays at 12:30 pm in our Wellness Center. Led by Lisa Hiller, Exercise Physiologist, the class helps you to improve postural alignment. All fitness levels welcome! Sign-up is required.

Strength & Endurance – an ongoing and slightly more intensive exercise class on Fridays at 11 am in the Wellness Center. Led by Catherine Perez, Group Fitness Instructor and Personal Trainer, the class

will get your heart pumping with a total body workout, combining strength, balance, and flexibility exercises using free weights, resistance bands, and body weight. All fitness levels welcome! Sign-up is required.

Please Note: There will be NO Strength & Endurance Class Friday, September 8th.



Happy Hookers

Calling ALL hand work crafters. Join your friends on Fridays at 10 am (NEW TIME) in Felmeth Hall ANNEX for a social time doing all types of hand work. Knitters, cross stitchers, quilters and embroidery lovers are all invited. We have some real experts in the group that can teach and guide you. Get your hands busy and your mind off your troubles. Call the “day of” if you need a transporter ride. Sign-up is required.

Bingo

Bingo is played Fridays at 1 pm in Felmeth Hall. Cost of each card is \$1. Call the “day of” if you need a ride on the transporter. Sign-up is required to play each week.

Drum Circle

Wednesday, September 6th at 2 pm Emma Lanese (our new Recreation Manager) will lead a “jam session” in the lower-level Wellness Center at Felmeth Hall. No drumming skills are needed. This is a great opportunity to try something new! This event is limited to 15 residents. Call the “day of” if you need a ride. Sign-up is required.

Reverend Paterson The Suffering of Job

Join us at 10 am Thursday, September 7th in Felmeth Hall as Reverend Maureen Paterson, Associate Pastor of Basking Ridge Presbyterian Church joins us to discuss the “Suffering of Job.” This is an opportunity to better understand this fascinating character and chapter of the Old Testament. Residents of ALL faiths are welcome! Call the office the “day of” if you need a ride. Sign-up is required.

Movie & Snacks

Join us Thursday, September 7th at 2 pm in Felmeth Hall for a screening of “Till.” This profoundly emotional film is the true story of Mamie Till-Mobley’s relentless pursuit of justice for her 14-year-old son, Emmett Till, who, in 1955, was lynched while visiting his cousins in Mississippi. Be advised there are parts of this film that are hard to watch but are a very important part of the story. Snacks will be served! Sign-up is required.

Stitch a Prayer Blanket



Thursday,
September 7th
at 6:15 pm we
will ride the
Ridge Oak bus to
St. Mark’s Episcopal Church
(there are no stairs to enter the
church or to go to the restroom)

as we join the ladies from St. Mark’s Stitches as we take our next steps in learning how to knit or crochet 9”x 9” blocks that are then put together into a prayer blanket for someone in need.

All are welcome to join us. No experience necessary! Come to learn. Bring your needles, hooks and washable yarn with you if you have any. Sign-up is required.

Meet with Molly & Laura

Tuesday, September 12th at 10 am in Felmeth Hall, our Social Services Coordinator Molly Clark and Wellness Nurse Laura Cummings will discuss the SNAP benefit (formerly known as food stamps). You can do a “quick qualify” at this session to see if you may be eligible for benefits. Laura will be available to meet privately with you to take your blood pressure. Call the “day of” if you need a ride. Sign-up is required.

Share a Song

Wednesday, September 13th at 2 pm join Emma in the lower-level Wellness Center at Felmeth Hall for some music sharing and listening! Bring the name of a favorite song to share with the group. We’ll listen to a recording, sing along, reminisce, and engage in conversation. No musical talent needed, just a love and appreciation of music both old and new. No need to bring any “physical” music with you, just the name of the song and artist. We will play the songs from a music streaming service. Sign-up is required.

Ecumenical Service

Father Rick from St. Mark’s Episcopal Church will lead an ecumenical service on Thursday, September 14th at 10 am in Felmeth Hall. All are welcome! Call the “day of” if you need a ride. Sign-up is required.

Book Buggy

Library Book Buggy returns on Thursday, September 14th at 2 pm. If you would like the Buggy to stop at your apartment, call the Ridge Oak office so we can plan our route. If you would like to request specific items, call the library (908-204-3031, option 2) and ask for the items to be brought to Ridge Oak on the next Book Buggy OR email requests to circ-ber@mainlib.org.

Coffee with Bonnie & Emma

Stop by Felmeth Hall for a fresh cup of coffee (or tea) and have a chat with Bonnie on Friday, September 15th between 9:30 am and 10:30 am. This will be a casual, relaxed time and we will be joined by Emma Lanese, our new Recreation Manager. Bring your questions and suggestions about recreation programming. No sign-up required. Call the “day of” if you need a ride.



St. Mark's Rummage Shuttle

Saturday, September 16th from 11 am to 1 pm, Ridge Oak bus will shuttle residents back and forth to St. Mark's Rummage Sale in Basking Ridge. Do not buy anything you cannot carry on the bus. No sign-up necessary. Wait at the front of Felmeth Hall, the front of Village 12 or along Manchester Drive. Leo will drive and be on the lookout.

Brain Aerobics

Tuesday, September 19th at 2 pm in Felmeth Hall, join Emma & Shannen for puzzles and games that stimulate the brain. A different way to be with your friends and neighbors while playing word games. Call the office the “day of” if you need a ride. Sign-up is required.

Ageless Grace Fitness

Wednesday, September 20th at 1:30 pm in the lower-level Wellness Center at Felmeth Hall, join us for Ageless Grace—a low impact fitness class. Wear comfortable clothes and footwear. Call the “day of” if you need a ride. Sign-up is required. www.twitch.tv/ridgeoakrecreation OR in Touchtown click on the “Ridge Oak Live Events” icon to connect.

Wellness Series

Living with Vision Loss: Practical Tips for Safety and Independence

Join Monica Dos Santos, Occupational Therapist, for an informative presentation on Thursday, September 21st at 2 pm in Felmeth Hall. She will discuss living with low vision, strategies to perform activities you enjoy and performing daily tasks safely. Call the “day of” if you need a ride. Sign-up is required.

Card Making

Join us Friday, September 22nd at 2 pm in Village 12 for card making—using stamps, inks, and paper. All supplies provided. Call the “day of” if you need a ride on the transporter. Sign-up is required. We are limited to 12 residents.

Making Art

Monday, September 25th at 11 am in Village 12, Anne Chon will lead a class on acrylic painting. Cost of the class is \$10, and you will be billed. Call the “day of” if you need a ride. If you fail to cancel 24 hours in advance you will be charged the \$10 fee. Sign-up is required. We are limited to 12 residents.

Tai Chi Chih

Wednesday, September 27th at 3 pm in our lower-level Wellness Center at Felmeth Hall, Janet will lead us through Tai Chi Chih to improve muscle strength and flexibility. Moves can be performed seated or standing. Call the “day of” if you need a ride. Sign-up is required. www.twitch.tv/ridgeoakrecreation OR in Touchtown click on the “Ridge Oak Live Events” icon to connect.

Sight & Sound Theatre Trip

Thursday, September 28th we will take a day trip on a charter bus to Sight & Sound Theatre in Lancaster, PA to see “Moses” live on stage. We will leave Ridge Oak at 8 am, go to the 11 am

show and have a boxed lunch on the bus on the way home. The theatre is “senior friendly.” We have orchestra seats and restrooms are nearby. The special price is \$25 per Ridge Oak resident, and you will be billed in October. Sign-up is required.

Foot Care

Local podiatrist, Dr. Brazinski will be here on Thursday, September 21st. Call the Ridge Oak office to schedule a visit.

The High Notes

Ridge Oak chorus “The High Notes” practice on Saturday, September 9th & 23rd at 10:30 am in Felmeth Hall.

Out & About

Local Happenings

- Senior Resource Information Event – Bernards Township offers an information session for seniors and caregivers about available services and benefits offered in town and via County, State and Federal programs. Wednesday, September 13th from 6:30 pm to 8:30 pm at Town Hall – visit www.bernards.org for details. All are welcome!
- St. Mark’s Rummage – Friday, September 15th & Saturday, September 16th fall rummage sale at St. Mark’s 9 am to 2 pm both days.

- The Trinity – Starting Tuesday, September 19th Father Rick from St. Mark’s will host an adult forum entitled “The Trinity” – History & Development of the Doctrine of the Trinity & Why it Matters. Go to www.stmarksbr.org for information about ZOOM and in-person sessions at St. Mark’s. The is open to ALL!

Bernards Township Library Events

Bernards Township Library at 32 South Maple Avenue hosts many free events. Here is a listing of a few being held in September:

- Thursday, September 7th, at 7 pm - Discussing Edouard Manet with Art Historian Janet Mandel



- Sunday, September 10th at 2 pm - The BRUCE Show “Unplugged” - an Acoustic Tribute to the Music of Bruce Springsteen
- Wednesday, September 27th at 7 pm - Francis of Assisi: The Original Animal Whisperer, an Armchair Art Tour

Your Privacy, Your Decision

It’s up to you. If you would like your birthday published in ACORNS call or email Suzanne at the office – sreino@ridgeoak.org.



CALENDAR

Week of September 1st

1st Friday
 10/11 am Wii Bowl
 10 am Happy Hookers
 11 am Strength & Endurance
 1 pm Bingo
 5 pm DINNER- Lobster Cake

Week of September 4th

4th Monday
 OFFICE CLOSED – Labor Day

5th Tuesday
 10:30 am BUS Stirling & Gillette
 12:30 pm Perfect Posture
 5 pm DINNER- Chicken Tenders

6th Wednesday
 10:30 am BUS Lyons Mall
 2 pm Drum Circle
 5 pm DINNER- Pork Lo Mein

7th Thursday
 10 am Rev. Paterson – “Suffering of Job”
 10:30 am BUS Bernardsville
 12 pm LUNCH- Corned Beef Reuben
 2 pm Movie and Snacks - “Till”
 6:15 pm Stitch a Prayer Blanket

8th Friday
 10/11 am Wii Bowl
 10 am Happy Hookers
 10:30 am BUS Farmers Market
 1 pm Bingo
 5 pm DINNER- Seafood Newburg

9th Saturday
 10:30 am High Notes

Week of September 11th

11th Monday
 10/11 am Wii Bowl
 10:30 am BUS Trader Joes/ Bridgewater
 11 am Chess
 11 am Bereavement Group
 1 pm Chair Yoga
 5 pm DINNER- Chicken Meatballs

12th Tuesday
 10 am Meet with Molly and Laura
 10:30 am BUS Stirling & Gillette
 12:30 pm Perfect Posture
 5 pm DINNER- Lemon Caper Shrimp

13th Wednesday
 10:30 am BUS Lyons Mall
 2 pm Share a Song
 5 pm DINNER- Eggplant Rollatini

14th Thursday
 10 am Ecumenical Service
 10:30 am BUS Bernardsville
 12 pm LUNCH- Chicken Salad
 2 pm Book Buggy

15th Friday
 9:30 am Coffee with Bonnie & Emma
 10 am Happy Hookers
 10:30 am BUS Farmers Market
 11 am Strength & Endurance
 1 pm Bingo
 5 pm DINNER- Beef Short Ribs

16th Saturday
 11 am St. Mark’s Rummage Shuttle

Week of September 18th

18th Monday
 10/11 am Wii Bowl
 10:30 BUS Target in Bridgewater
 11 am Chess
 11 am Bereavement Group
 1 pm Stretch & Flex
 5 pm DINNER- Pork Chop

19th Tuesday
 10:30 am BUS Stirling & Gillette
 12:30 pm Perfect Posture
 2 pm Brain Aerobics
 5 pm DINNER- Panko Tilapia

20th Wednesday
 10:30 am BUS Lyons Mall
 1:30 pm Ageless Grace Fitness
 5 pm DINNER- General Tso’s Chicken

21st Thursday
10:30 am BUS Bernardsville
12 pm LUNCH- Turkey Sloppy Joe
2 pm Wellness Series – Vision Loss

22nd Friday
10/11 am Wii Bowl
10 am Happy Hookers
10:30 am BUS Farmers Market
11 am Strength & Endurance
1 pm Bingo
2 pm Card Making
5 pm DINNER- Beef Meatloaf

23rd Saturday
10:30 am High Notes

Week of September 25th

25th Monday
10/11 am Wii Bowl
10:30 am BUS Walmart in Manville
11 am Chess
11 am Bereavement Group
11 am Making Art
1 pm Chair Yoga
5 pm DINNER- Citrus Glazed Salmon

26th Tuesday
10:30 am BUS Stirling & Gillette
12:30 pm Perfect Posture
5 pm DINNER- Apricot Turkey

27th Wednesday
10:30 am BUS Lyons Mall
3 pm Tai Chi Chih
5 pm DINNER- Sliced Roasted Pork

28th Thursday
8 am Sight & Sound Theatre Trip
10:30 am BUS Bernardsville
12 pm LUNCH- Beef Empanadas

29th Friday
10/11 am Wii Bowl
10 am Happy Hookers
10:30 BUS Farmers Market
11 am Strength & Endurance
1 pm Bingo
5 pm DINNER- Chicken Pot Pie

